

## **Dr. Mark W. Peterson**

Sports Medicine Physician

Salt Lake Clinic - Heiden Orthopedics

6360 S 3000 E, Suite 210

Phone: (435) 615-8822 Fax: (435) 615-8823



## **Dr. Peterson's - PRP Checklist**

v. 6.0

### **Prior to your appointment**

- Stop all Anti-inflammatories (Ibuprofen, Aleve, Naproxen, Motrin, Meloxicam, Mobic) at least one week prior to the injection.  
(Exception: if taken for Cardiac reasons - please discuss prior to the injection)
- Set an appointment for the injection (Cottonwood Heights Clinic ONLY)
  - usually *Tuesdays Mornings*

### **Day of your appointment**

- Please come 15 minutes early to your appointment. Check in.  
(we have a dedicated MA who comes in for our blood draws when requested)
- Fill out the *Consent Form*
- Payment is required PRIOR to your appointment.
  - Payment accepted: *Cash, Check or Credit/Debit Card.*  
*Checks made out to: Dr. Mark W. Peterson*

### **After your appointment**

- Set up a two (2) week and six (6) week follow up appointment with Dr. Peterson.
  - Physical Therapy (PT) is often started two to three weeks after injection.
- Avoid Anti-inflammatories for at least the next 2 weeks. (4 weeks is better)  
(See above for medications not recommended during this time)
- Ice and rest the area as needed. (Heat for muscle spasms)
- If you have discomfort, follow the Aftercare Instructions on the back of this page.
  - Pain medications may be provided as needed.